

CALORIES DO COUNT

When you are counting calories, choose very lean, well-trimmed meats, poultry and fish without skin, broiled or baked—not fried or deep fried; all vegetables (eat less often corn, kidney and lima beans, peas, potatoes and winter squash); fresh and/or unsweetened canned fruits or juices; fruits rich in

vitamin C (oranges, grapefruit, strawberries, cantaloupes); whole grain, enriched, restored or fortified cereals and breads; fortified skim, butter-milk, nonfat dry milk; dry or 2% creamed cottage cheese, farmer or pot cheese, Neufchâtel and other low-calorie cheeses.

MEAT

Bacon (2 slices)	100
Baked ham (3 ounces)	245
Beef (3 ounces)	
hamburger, broiled	245
T-bone steak, broiled	400
Frankfurters (2)	310
Lamb chop (3 ounces), broiled *	300
Pork chop (3 ounces), broiled	320
Spareribs (6 medium)	245

FISH AND SEAFOOD

Fish sticks (4)	160
Salmon, canned (3 ounces)	120
Shrimp, canned (3 ounces)	100
Tuna, water packed (3 ounces)	110

POULTRY

Chicken breast (3 ounces), broiled	100
Chicken drumstick (3 ounces meat), broiled	110
Turkey (3 ounces)	160

CHEESE AND EGGS

American cheese (1 slice)	105
Cottage cheese (¼ cup)	60
Egg (1 large)	80
Fried or scrambled egg	110
Omelet (2 eggs)	215

VEGETABLES

Asparagus (½ cup)	20
Beets (½ cup), Carrots (½ cup)	30
Broccoli (½ cup), Cabbage (½ cup)	20
Cauliflower (½ cup)	10
Celery (1 stalk)	5
Corn (5-inch ear)	70
Green beans (½ cup)	20
Lettuce, iceberg (¼ head)	15
Peas (½ cup)	60
Potatoes	
baked (medium)	90
French-fried (10 pieces)	155
mashed, with milk and butter (½ cup)	95
Spinach (½ cup)	20
Tomato (1 small)	30

FRUITS

Apple (2½-inch), Orange (3-inch)	70
Banana (6x1½ inches)	85
Grapefruit (half, 4¼-inch)	60
Peach (2-inch)	35
Pear (3x2½ inches)	100

BREADS

Biscuit (1 medium)	140
Graham cracker (1 medium)	30
Pancake (4-inch)	60
Saltine (1 square)	20
Sweet roll	135
Waffle (5½x4½ inches)	210
White, whole wheat, raisin, rye (1 slice)	60

CEREALS

Oatmeal, cooked (½ cup)	65
Toasted oat cereal (1 cup)	98
Whole wheat flake cereal (1 cup)	101

DESSERTS

Brownie (2-inch square)	145
Cake (2-inch piece)	
angel food, unfrosted	110
chocolate, with chocolate frosting	445
Cookie (3-inch)	120
Gelatin, flavored (½ cup)	70
Ice cream (½ cup), Ice milk (½ cup)	140
Pie (⅓ of 9-inch)	
apple	345
lemon meringue	305
pecan (⅓ of 9-inch)	490
Sherbet (½ cup)	130

BEVERAGES

Chocolate malted milk	500
Cola-type (8 ounces)	95
Lemonade (1 cup)	110
Milk (1 cup)	
skim	90
2%	140
whole	160
Orange juice (½ cup)	55
Tomato juice (½ cup)	20

Note: These caloric values are averages not specifically calculated for the recipes in this book.